



Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion  
Division of Nutrition and Physical Activity

# **State-based Physical Activity Program Directory**

## **At-a-Glance**

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# Features

## Introduction

The DNPA State-based Program Directory site provides an inventory of state-based programs designed to promote physical activity. This directory contains two sections for each state: a program inventory and a state profile.

### Program Inventory

The program inventory lists relevant programs in each state. Although many programs are in place within each state, this inventory includes only those programs involving the state department of health.

### State Profile

The profile includes a summary of pertinent activities and contact information for each state.

## Using the Site

Use this site to

- Search for state-based physical activity programs by
  - State
  - Program name
  - Target population
  - Setting
  - Primary program components
  - Specific text words
- Search for programs with evaluation information or product information such as program curricula.
- Print search results for future reference.
- Display a profile of each state's department of health, including
  - Contact information
  - Links to physical activity-related Web sites in the state
  - Summary of the context, history, and future plans of state physical activity programming

The CDC also uses information from the inventory to improve its technical assistance to states and to track physical activity programming.

## Using Program Information

After reviewing information from the program inventory, you can

- Exchange ideas about program partners, intervention strategies, program evaluation, and products.
- Identify strengths and gaps in physical activity programming at the state level.
- Communicate with other states that have similar programs.
- Advocate for resources for state-based physical activity programming.

These activities can lead to increasingly effective and diverse physical activity programming efforts.

## Keeping Program Information Current

If your state has updated program information, we want to know!

To continue providing current, useful information in the program inventory, we ask that you advise us of additions and changes to the information listed for your state. Please use the Comments and Inquiries page to send your updates.

We will review submissions and add information about programs that meet inclusion criteria to the inventory on a regular basis.

## Suggesting Improvements to the Site

This site was created to enhance the exchange of information and ideas about physical activity programs involving state departments of health. Over time, we envision the site changing and growing to meet evolving needs, perhaps with additional fields or types of programs. We are counting on you to tell us how we can continue to improve this resource!

Please use the Comments and Inquiries page to let us know what would make this site more useful and usable.

## Background

### Promoting Physical Activity

Promoting physical activity is a public health priority for many reasons.

Physical activity is a key lifestyle risk factor in reducing chronic disease morbidity and mortality. In the United States, for example, only tobacco use kills more people than sedentary behavior and poor nutrition (McGinnis & Foege, 1993). Physical activity

- Helps prevent diabetes in both youth and adults (USDHHS, 2000).
- Reduces the risk of obesity.
- Reduces the risk of coronary heart disease, high blood pressure, and colon cancer.

Physical activity also promotes health. On average, physically active people outlive those who are inactive (USDHHS, 2000). For example, physical activity

- Contributes to the development and maintenance of healthy bones, muscles, and joints.
- Helps to relieve arthritis pain and maintain joint mobility.
- Reduces symptoms of anxiety and depression.
- Helps to maintain the functional independence of older adults.
- Enhances the quality of life for people of all ages.

Despite the many benefits of physical activity, 27% of adults do not participate in any physical activity (CDC, 2000). Researchers estimate that an increase in moderate physical activity among sedentary Americans might reduce annual national medical costs by \$76.6 billion (in 2000 dollars), illustrating the impact of physical activity on morbidity and mortality (Pratt & Macera, 2000).

To highlight its public health importance, physical activity is one of ten *Healthy People 2010* leading health indicators. Fifteen *Healthy People 2010* objectives target a range of physical activity-related goals (USDHHS, 2000), including

- Increasing individual levels of physical activity among adults and children
- Decreasing television viewing
- Increasing access to physical activity opportunities through programs in schools, work sites and communities

### States' Role in Promoting Physical Activity

States play an important role in promoting and supporting physical activity as a public health priority, by developing the following components of physical activity promotion:

- Infrastructure within the government
- Physical activity surveillance systems
- Training and professional development for staff
- Partnerships
- State plans for improving physical activity
- A range of targeted interventions, including individual, environmental and policy efforts
- Ongoing program evaluation

Reducing health disparities, a primary goal of *Healthy People 2010*, should underlie all activities.

## DNPA's Role in Providing Physical Activity Program Information

Despite the importance of physical activity as a public health priority and the key role of state departments of health in promoting physical activity, little information about state-based physical activity promotion programs has been readily available. Furthermore, many states do not have a full-time staff position specifically devoted to promoting physical activity. These factors complicate networking and sharing information among states.

To fill this gap in publicly accessible information, the Physical Activity and Health Branch in the Division of Nutrition and Physical Activity, with input from state departments of health, has developed this directory to describe and systematically track programs involving state departments of health.

This directory is available as an online searchable database. We hope it will promote communication and the exchange of information among state, federal, and local government agencies, nonprofit organizations, and other private and public partners who promote physical activity.

## Developing the Directory

Several steps of information-gathering initiated development of the directory.

First, a draft outline of the inventory was created and circulated among internal CDC and external state reviewers for feedback on the proposed content.

Next, drafts of a profile and program inventory were compiled for each state, using information from Web sites and other available sources.

Physical activity contacts, identified in each state, reviewed and edited the drafts. We expect that the inventory will grow and evolve over time as new information becomes available.

## Inclusion Criteria

In an effort to standardize the types of activities listed in the program inventory, a few basic inclusion criteria were developed.

- The state department of health must be involved in some aspect of the program, such as a lead organization, funding source, or partner.
- The program must be a structured, ongoing intervention or strategic effort to promote physical activity through individual behavior change, physical environmental change, social environmental change and/or policy change.
- One-time events are not included.
- Recently concluded programs that otherwise meet the criteria are included.

Broad entities such as statewide coalitions, task forces, governor's councils and overarching state department of health physical activity programs are not listed in the program inventory, but are described in the state profile. However, physical activity programs sponsored by such collaborative groups are included in the inventory, with the governor's council, workgroup, or coalition listed as a partner.

## References

The following sources are referenced in this background section:

**National Center for Chronic Disease Prevention and Health Promotion, CDC.**  
Behavioral Risk Factor Surveillance System Trend Data: Nationwide No Leisure Time Physical Activity.  
Available at <http://apps.nccd.cdc.gov/brfss/Trends/trendchart.asp?qkey=10020&state=US>.  
Accessed for this site: November 2, 2001.  
Last updated: August 28, 2000.

**McGinnis JM, Foege WH.** Actual causes of death in the United States.  
JAMA 1993; 270 (18):2207-2212.

**Pratt M, Macera CA.** Higher direct medical costs associated with physical inactivity.  
Physician & Sports Medicine. 2000;28:63–71.

**U.S. Department of Health and Human Services.**

*Healthy People 2010.* 2nd ed.

Understanding and Improving Health: Objectives for Improving Health. 2 vols.  
Washington, DC: U.S. Government Printing Office, November 2000.

## Considerations for Use

### Completeness and Accuracy of Information

Extensive efforts have been made to provide the most complete and accurate information available. However, we encourage you to contact states directly for the most current information. We also encourage states to advise us of program updates. Please use the Comments and Inquiries page to send your updates.

### General Considerations

This site is intended to describe one dimension of a larger, comprehensive set of strategies to promote physical activity; to provide a brief overview of state-based physical activity programming; and to be a starting point for discussions, ideas and planning. It is not intended to be an exhaustive representation of all state activities related to physical activity.

Several roles for state departments of health in promoting physical activity are identified in “States’ Role in Promoting Physical Activity.”

The directory is primarily a tool to assist states with the role of developing a range of targeted interventions. Information about other activities, such as training and professional development and program evaluation, is included in the directory for some states and programs.

The state profiles for some states include information about government infrastructure, partnerships such as statewide coalitions, and state plans. Future resources might assist state departments of health more specifically in addressing these and other dimensions of promoting and supporting physical activity. Such resources might, for example, highlight relevant components of coalitions and other partnerships, including structure, membership, goals and objectives, funding mechanisms, and staffing; or provide information on developing a statewide physical activity plan, including case studies of successful processes.

The roles, responsibilities, and activities of state departments of health not highlighted in this directory are not considered to be less important than those highlighted; however, they are not the focus of this site.

### Endorsement of Programs

The inclusion of programs in the inventory is not meant to convey that these programs are endorsed by the CDC, or that they have necessarily been shown to be effective in promoting physical activity.

### Inclusion of Program Evaluations

Information about program evaluations is included to help identify those programs that have information available about their effectiveness. As additional physical activity programs are evaluated, particularly in terms of outcomes, an inventory of “programs that work” may be feasible.

### Other Program Resources

This site is not meant to stand alone as a physical activity programming tool. We recommend using it in conjunction with other resources, including

- Combined Health Information Database (CHID)  
<http://chid.nih.gov/>
- Chronic Disease Prevention (CDP) Databases  
<http://www.cdc.gov/cdp/index.htm>



- *Promoting Physical Activity: A Guide to Community Action* (CDC)  
Available from Human Kinetics at <http://www.humankinetics.com>
- Increasing Physical Activity: a report on recommendations of the Task Force on Community Preventive Services. *MMWR* 2001;50 (No. RR-18)  
<http://www.cdc.gov/cdp/mmwr>

We also suggest consulting additional documents and recommendations on physical activity by the CDC and other organizations and agencies that promote physical activity.

## Frequently Asked Questions

### How did you decide what kind of information to include in the directory?

The purpose of the directory is to provide a brief overview of key aspects of physical activity programs involving state departments of health. These programs are structured, ongoing interventions or strategic efforts to promote physical activity through changes in individual behavior, physical environments, social environments, and policies.

For each program, information is included about partners, status, scope, population, setting, purpose, components, evaluation, and products.

Ideally, the level of detail included in the inventory and the categories of information for each program allow you decide if you want to contact a state for more information about a particular program.

### What's the difference between the "program directory," the "program inventory," and the "state profile?"

The program directory consists of the program inventory and state profile. Specifically,

- Program directory refers to the entire site.
- Program inventory lists relevant programs for each state, including the name, partners, status, scope, population, setting, purpose, components, evaluation, and products associated with each program.
- State profile includes contact information, a summary of activities, and other pertinent information about physical activity programming in that state.

### Where did the information in the directory come from?

The CDC compiled known information about physical activity programming involving state departments of health. The physical activity contact person in each state reviewed and edited the draft of the program inventory and state profile for their state.

### Was the quality of programs in the inventory reviewed?

Although brief information about program evaluation is included in the inventory, there are no quality or effectiveness criteria for including programs in the inventory. Therefore, the CDC does not necessarily endorse these programs. Information about the evaluation of programs is included in the inventory to help you identify those programs that have information available about their effectiveness. You can contact the state for more details on any program evaluation.

### How can the online directory help me to improve physical activity programming in my state?

Using the online search, you can find physical activity programs by state name, program name, target population, setting, primary components of the program, or any text words included in the program description.

The results of your searches can help you to

- Identify current strengths and weaknesses in physical activity programming at the state level.
- Discover new ideas for partners in physical activity programming.
- Contact states who are implementing similar programs, to share ideas.
- Advocate for additional resources for state-based physical activity programming, especially if your state needs more resources.

**What is the best way to search for physical activity programs?**

To quickly display all physical activity programs for a state, use Search by State.

To search for particular types of programs, use Search by Keyword and select from the lists of keywords for setting, population, or primary program components.

To search for programs that contain a specific word or phrase, use Search by Keyword and enter your words in the Search Text field.

For more information and examples, review the “Search Tips.”

**How can I get more information about a physical activity program?**

Each state has a designated contact for physical activity programming. You can find this contact information in the search results (grouped by state), and in the state profile (accessible from Search by State).

The next FAQ entry has more information on the state profile.

**Where can I find contacts and general information about physical activity programming at state departments of health?**

In addition to information about state-based physical activity programs, the directory contains a profile for each state.

This profile includes contact information, physical activity-related Web sites, information about physical activity surveillance, and any statewide coalitions promoting physical activity.

The profile also includes a summary, or overview, of physical activity programming involving the state's department of health. This summary identifies where physical activity programming is housed in the state department of health and can include additional information about partners, specific programs, coalitions, and state plans for promoting physical activity.

**I noticed a mistake in one of the programs for my state, and I also want to add additional programs to the inventory. How can I do this?**

In order to make the directory as accurate and complete as possible, you are encouraged to submit changes and additions whenever they are necessary.

Please use the Comments and Inquiries page to send your updates. Submissions for new programs are reviewed, and programs that meet inclusion criteria are added to the program inventory.

## Search Tips

### Selecting from a List

To select items in a list, follow these tips:

To...	Do this...
Include all items	Do not select anything, or select <b>All</b> at the top of the list.
Select one item	Click the item.
Select two or more items	Click the first item. Then press <b>Ctrl</b> and click to choose the other items.
Select a range of items	Click the first item. Then scroll to the last item, press <b>Shift</b> , and click the last item.
Clear one or more selections	Press <b>Ctrl</b> and click each item you no longer want to include.
Clear all selections	Select <b>All</b> at the top of the list.

### Entering Search Text

Use the Search Text field to search for programs that contain specific words. The search includes the program name, partners, status, scope, purpose, evaluation, and product information.

Type search words using these tips:

To find...	Type...	Example
One word	All or part of a word	child Results include <i>child</i> and all other words containing that string of letters, such as <i>children</i> .
All search words	Two or more words	school children Results include both <i>school</i> and <i>children</i> .
Any search words	Two or more words separated by <b>or</b>	school or children Results include either <i>school</i> or <i>children</i> or both.
Word variations	Two or more words separated by <b>or</b>	9th or ninth Results include either of the words <i>9th</i> or <i>ninth</i> .
A phrase	Words enclosed in quotation marks	"school children" Results include the phrase <i>school children</i> .
Phrase variations	Phrases enclosed in quotation marks, separated by <b>or</b>	"KidsWalk" or "kids walk" Results include either of the phrases <i>KidsWalk</i> or <i>kids walk</i> .

## Widening your search

A wide search encompasses a range of programs. Use this technique when you want to browse through programs or your original search did not yield any results.

To widen your search, follow these tips:

Search Technique	Example
Search for only one or two criteria	State: Alabama Population: Children Results include all programs in Alabama that target children.
Select more than one item in a list	Components: Community task force, Community-based interventions Results include all programs with community components.
For setting or population, select <b>None specified</b> as well as the item of interest	Setting: Home, None specified Results include all programs set in the home or with no specified setting. Programs with settings or populations categorized as "None specified" are broad and flexible, and could meet your search criteria.
Type only one word in the Search Text field	Search Text: child Results include all programs that contain the word child (and all other words containing that string of letters).

## Narrowing your search

Use a narrow search if you have a specific set of criteria to meet, or when the original search displayed too wide a range of programs.

To narrow your search, follow these tips:

Search Technique	Example
Select all known criteria	State: Pennsylvania Setting: Schools Population: Children Results include all programs involving the Pennsylvania department of health that are set at school and target children.
Type more than one word in the Search Text field	Search Text: school children Results include all programs that contain the words school and children.

## Definitions

### **Program Inventory** List of state-based physical activity programs.

#### **Program**

Physical activity program involving a state department of health.

#### **State**

State department of health involved with a program.

Search results are sorted by state as the default, and you can limit your searches to one or a few states.

#### **Program Name**

Name identifying each state-based physical activity program available in that state's program inventory.

Program names are provided by the states, and are not edited for similarity with or duplication of other programs.

You can sort search results alphabetically by program name.

#### **Partners**

Primary administering and funding organizations for a program, as well as additional significant partners.

In the search results, the lead organizations and funders are identified for each program as follows:

\* Lead organization—Takes a prominent role in administering a program

\$ Funder—Provides one-time or ongoing funding for a program

Because of the complexity of funding sources and partnerships, the distinctions between funding partners and other partners is sometimes difficult to discern. This information is intended to give a general sense of the primary partners and their roles in state-based physical activity programs, and to help generate ideas for new partnerships.

#### **Status**

Implementation status of a program.

Most programs in the inventory are ongoing. In some cases, status includes when a program started or ended.

#### **Scope**

Area served by a program.

Most programs in the inventory are statewide in scope. However, some programs focus more narrowly, such as on regions or communities. The primary inclusion criterion for programs of any scope is involvement in some capacity by the state department of health.

#### **Population**

Population group targeted by the program.

Examples of categories include age, race/ethnicity, socioeconomic status, and health status. They also include groups such as families, and specific populations such as employees, health and public health professionals, and legislators.

Programs do not always target individuals. For example, some award programs target schools, businesses, or communities.

Information about target populations can help to identify programs that target higher risk populations, and to identify disparities and gaps in the populations targeted by state-based physical activity programs.

**Setting**

Location or area where a program takes place.

Most programs take place in schools, work sites, communities, or health care settings; however, programs also occur elsewhere. The setting category may not apply to some programs, such as public awareness campaigns or recognition awards.

**Purpose**

Brief summary of the overarching purpose or primary goal of a program.

**Components**

Strategies, methods, or activities related to achieving the purpose of a program.

Many programs are categorized into one or more of the following program strategies, which can also be considered as overall program goals:

- Individual behavior change
- Physical environmental change
- Policy change
- Social environmental change

Other component keywords describe the methods or activities used to implement the overall program strategy, such as public awareness, educational curriculum, technical assistance, and training.

The effectiveness of methods and activities used to implement the program strategies and meet goals is not assessed for this directory. For example, a program based on the strategy of “individual behavior change” may not include methods or activities that result in behavior change. Please review programs with this understanding.

**Evaluation**

Information on whether a program is evaluated, such as for outcomes or effectiveness.

This field indicates whether an evaluation is being conducted and provides limited information about the scope of an evaluation. This information is included to help identify programs with information available about program effectiveness. Not all programs include evaluation information. A full analysis of the effectiveness of each program is beyond the scope of this inventory.

When searching, you can specify whether you want to display only programs that have an evaluation element. We encourage you to contact the state physical activity contact person for complete information about evaluation results.

**Products**

Manuals, curricula, publications, or other tangible products that the program has produced.

To locate specific products such as brochures or curricula, you can limit your search to programs with products listed in the inventory.

The inclusion of products in the inventory is not intended as an endorsement of the product or the program. Neither programs nor products are formally evaluated for inclusion in the inventory.

## **State Profiles**    **Contacts and summary of activities for each state.**

### **Profile**

Contact and summary information for physical activity programming at each state's department of health.

### **General Contact Information**

Contact information for a state department of health.

Information can include a telephone number, fax number, and Web site.

### **Contacts for Physical Activity Programs**

Physical Activity contact within a state department of health. This contact is designated by the CDC, and serves as a liaison and information conduit between the two organizations.

While the organizational position of the contacts varies by state, many are in divisions of Health Promotion or Chronic Disease Prevention. The professional background and expertise of the contacts also varies, and the percentage of the position devoted to physical activity promotion ranges from 10% to 100%. Not all states have a physical activity contact.

Contact information can include a contact's name, title, department name, telephone number, fax number, mailing address, and E-mail address.

### **Physical Activity-related Web Sites**

Online links to information about physical activity programming in each state, including Web site names and addresses.

Web sites are not always directly affiliated with the state department of health.

### **Physical Activity Surveillance**

Online resources for surveillance information on physical activity, including a Web site name and address.

### **Statewide Coalition**

Name of a group of agencies, including the state department of health, whose focus includes the promotion of physical activity.

Not all states have a coalition.

### **Summary**

Description of the goals and context of physical activity programming at each state department of health.

A summary can include information about state physical activity plans, coalitions or partnerships, and other activities that are not included in the inventory but are relevant and important to physical activity promotion at the state level.

The content of this section varies depending on the amount and nature of the information provided by each state.